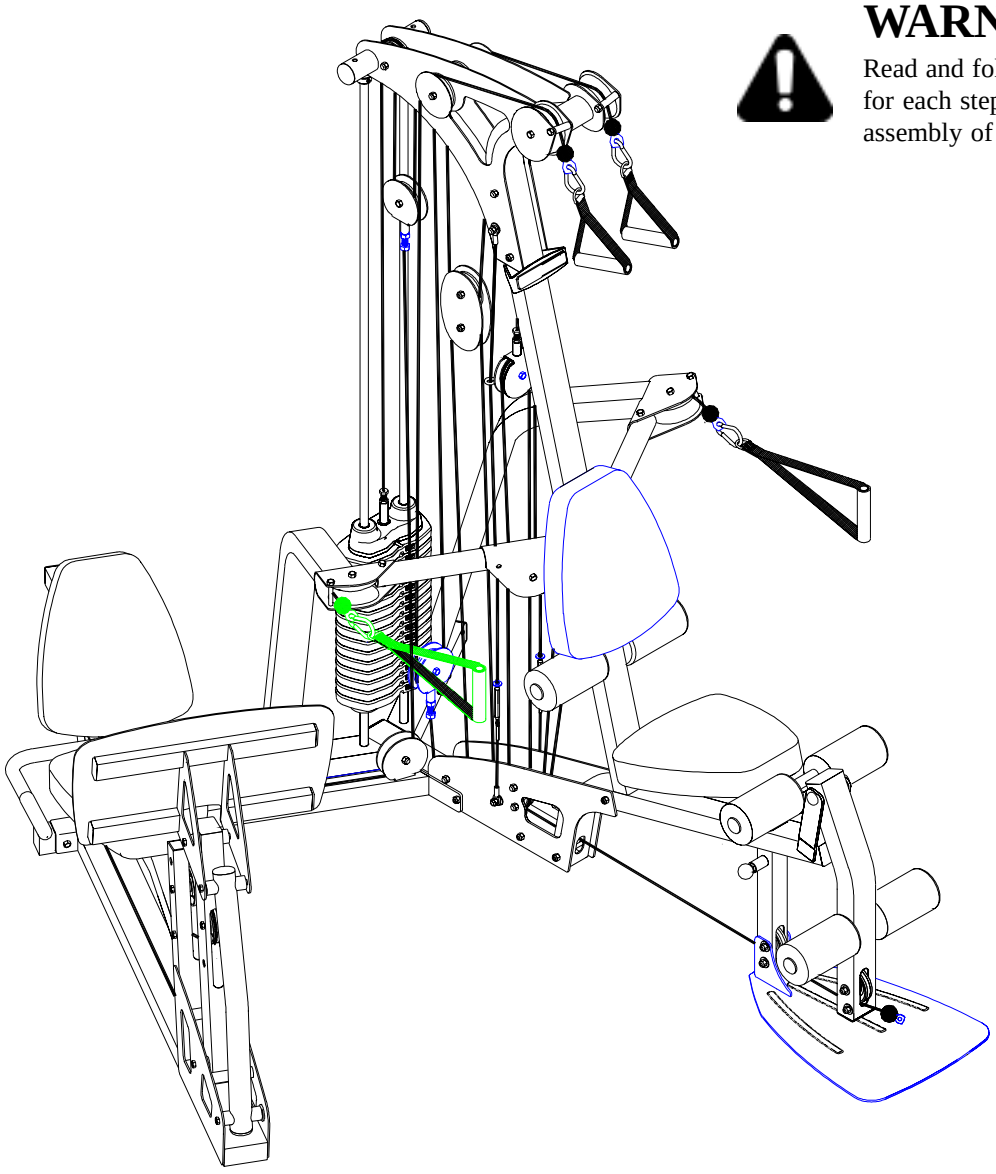
778 LEG PRESS ADAPTER KIT FOR 777 GYM SYSTEM

WARNING:

Read and follow all directions for each step to insure proper assembly of this product.



USER'S GUIDE

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Insert-Registration Card

IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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www.parabody.com

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 778 LEG PRESS ADAPTER KIT. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

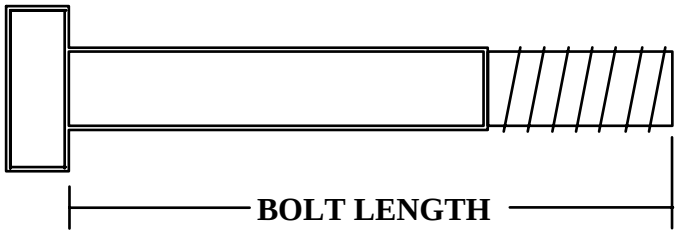
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

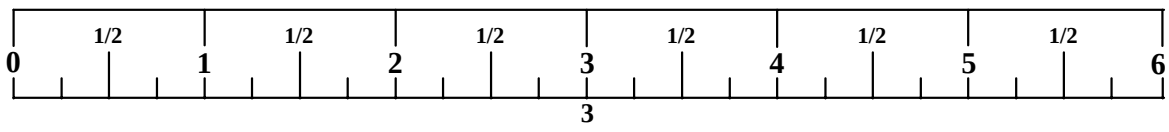
* 9/16” wrench
* Ratchet with 9/16” socket
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	7154108	FRONT LEG	1		9	3102924	3/8 X 1-3/4” BOLT	4
2	7006708	PULLEY BRACKET	1		10	3102922	3/8 X 2-3/4” BOLT	3
3	7155702	WEIGHT STACK CABLE	1		11	3102906	3/8 X 4” BOLT	2
4	7154601	LEG PRESS CABLE	1		12	3102935	3/8 X 4-1/2” BOLT	4
5	3116201	3-1/2” PULLEY	6		13	3102807	3/8” LOW HEIGHT LOCK NUT	4
6	6467001	2” COVER CAP	1		14	6122701	3/8 X 1” SPACER	4
7	3102501	3/8” WASHER	10		15	6480301	3/8” FLANGE SPACER	6
8	3102802	3/8” LOCKNUT	12		16	6533501	CABLE CLIP	1

NOTE: The LEG PRESS ATTACHMENT (100102) must be assembled before connecting it to the PARABODY 777 GYM SYSTEM

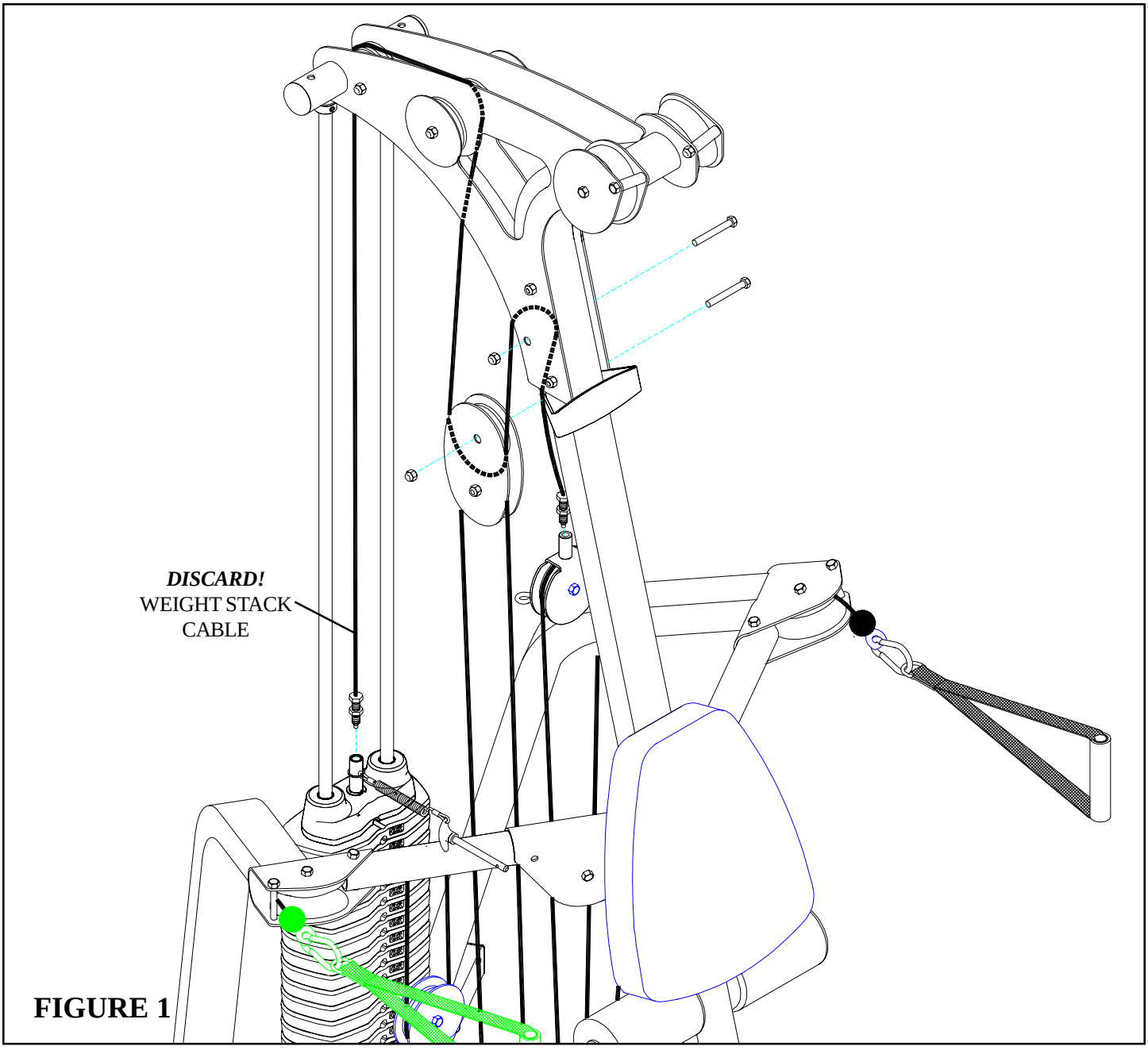
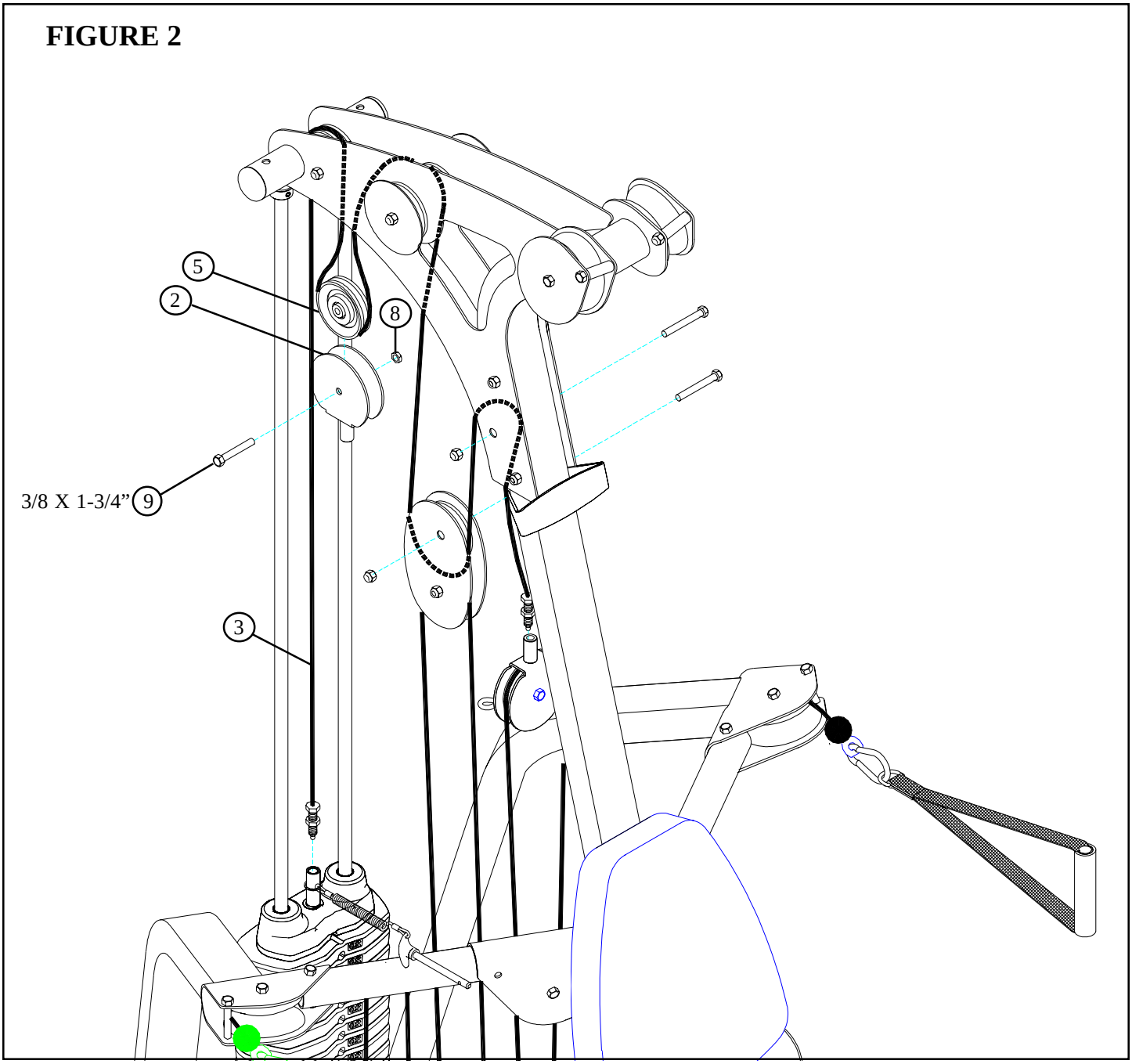


FIGURE 1

STEP 1:

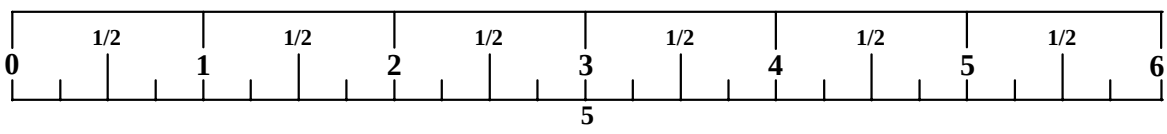
- Remove the WEIGHT STACK CABLE as shown in FIGURE 1. Discard the cable.

FIGURE 2



STEP 2:

- Screw the long threaded end of the new WEIGHT STACK CABLE (3) into the end of the WEIGHT PLATE SHAFT. See FIGURE 2.
- Route the WEIGHT STACK CABLE (3) around the pulley in the BOOM PLATES as shown in FIGURE 2. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Assemble one 3-1/2” PULLEY (5) to the PULLEY BRACKET (2) using one 3/8 X 1-3/4” BOLT (9) and one 3/8” LOCK NUT (8) **(Note: Loop the WEIGHT STACK CABLE around the PULLEY prior to assembling the PULLEY BRACKET.)**
- Screw the short threaded end of the WEIGHT STACK CABLE (3) into the end of the PULLEY BRACKET (2). See FIGURE 2.



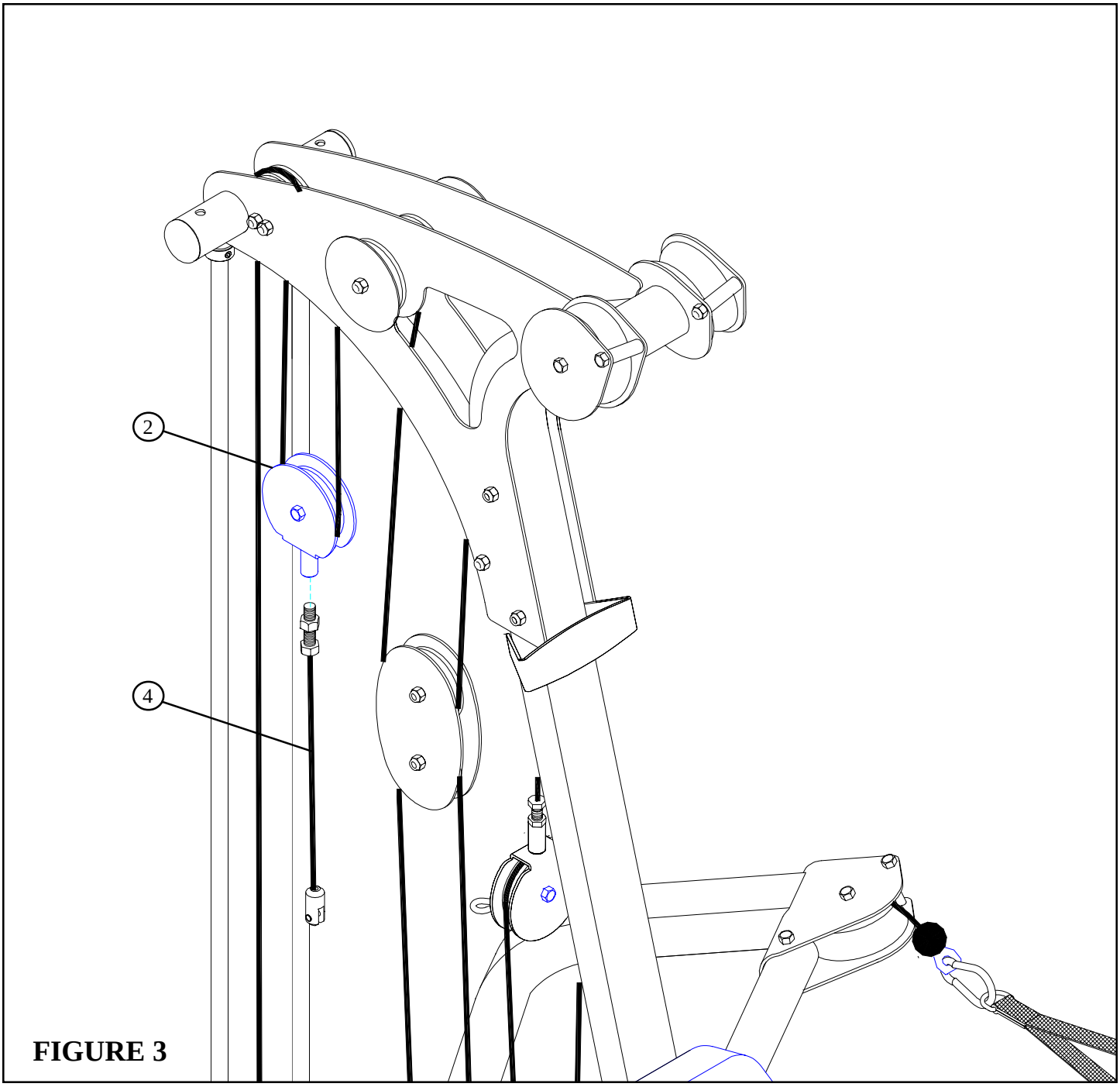


FIGURE 3

STEP 3:

- Screw the threaded end of LEG PRESS CABLE (4) to the PULLEY BRACKET (2) as shown in FIGURE 3.

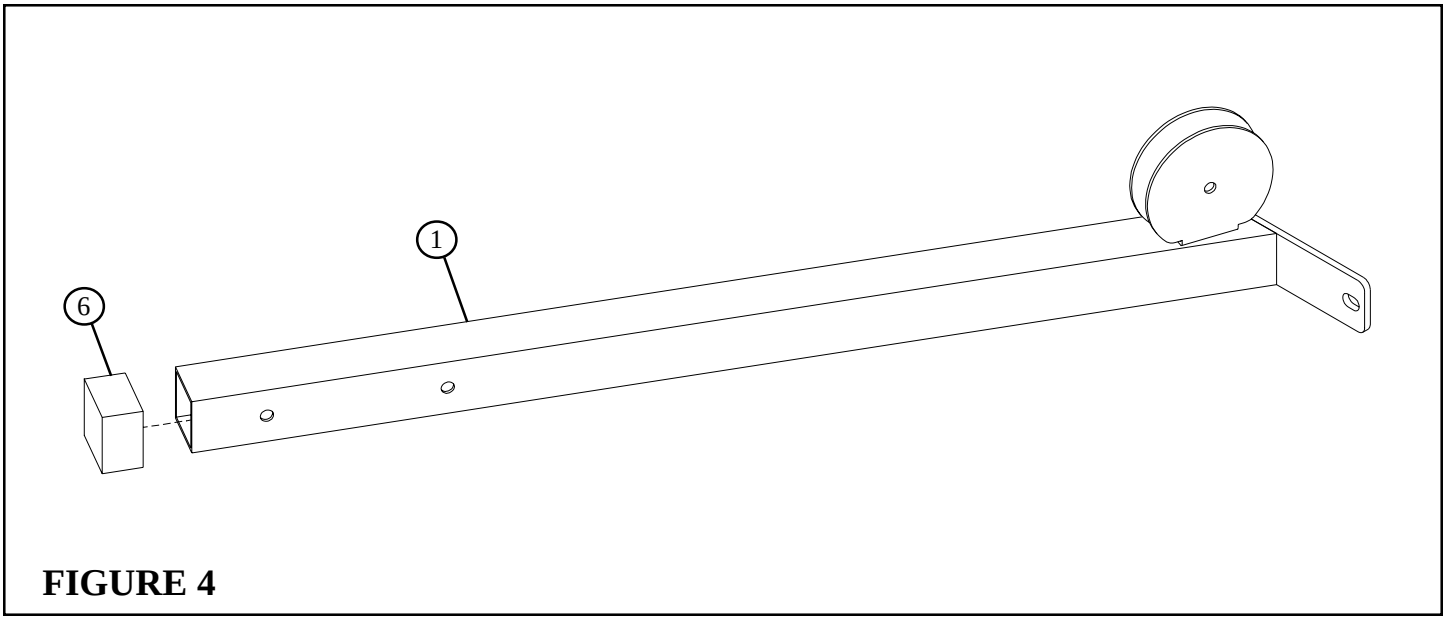


FIGURE 4

STEP 4:

- Slide one 2” SQ. COVER CAP (6) over the FRONT LEG (1) as shown in FIGURE 4.

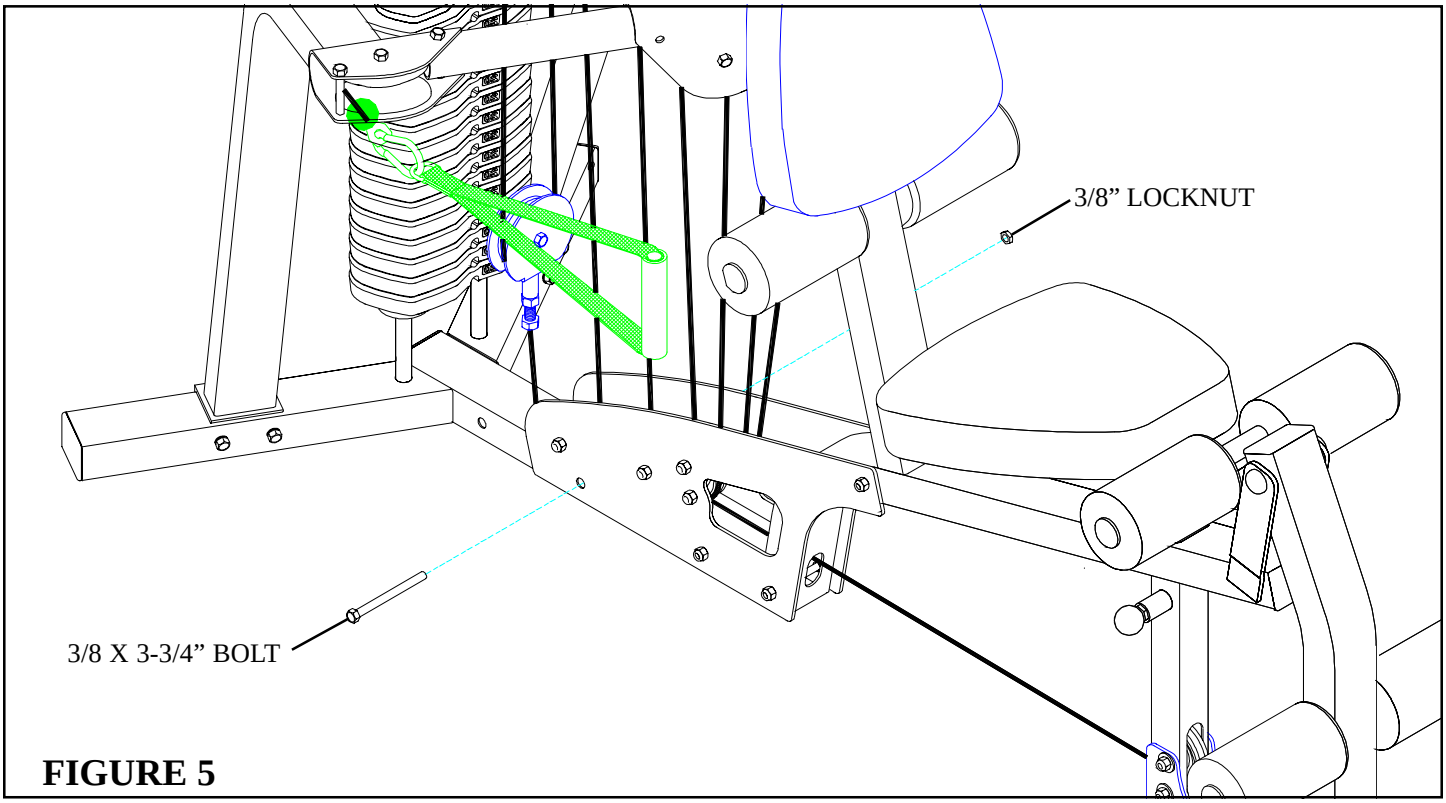


FIGURE 5

STEP 5:

- Remove the 3/8 X 3-3/4” BOLT and 3/8” LOCK NUT from the BASE PLATE as shown in FIGURE 5. Discard the 3/8 X 3-3/4” BOLT.

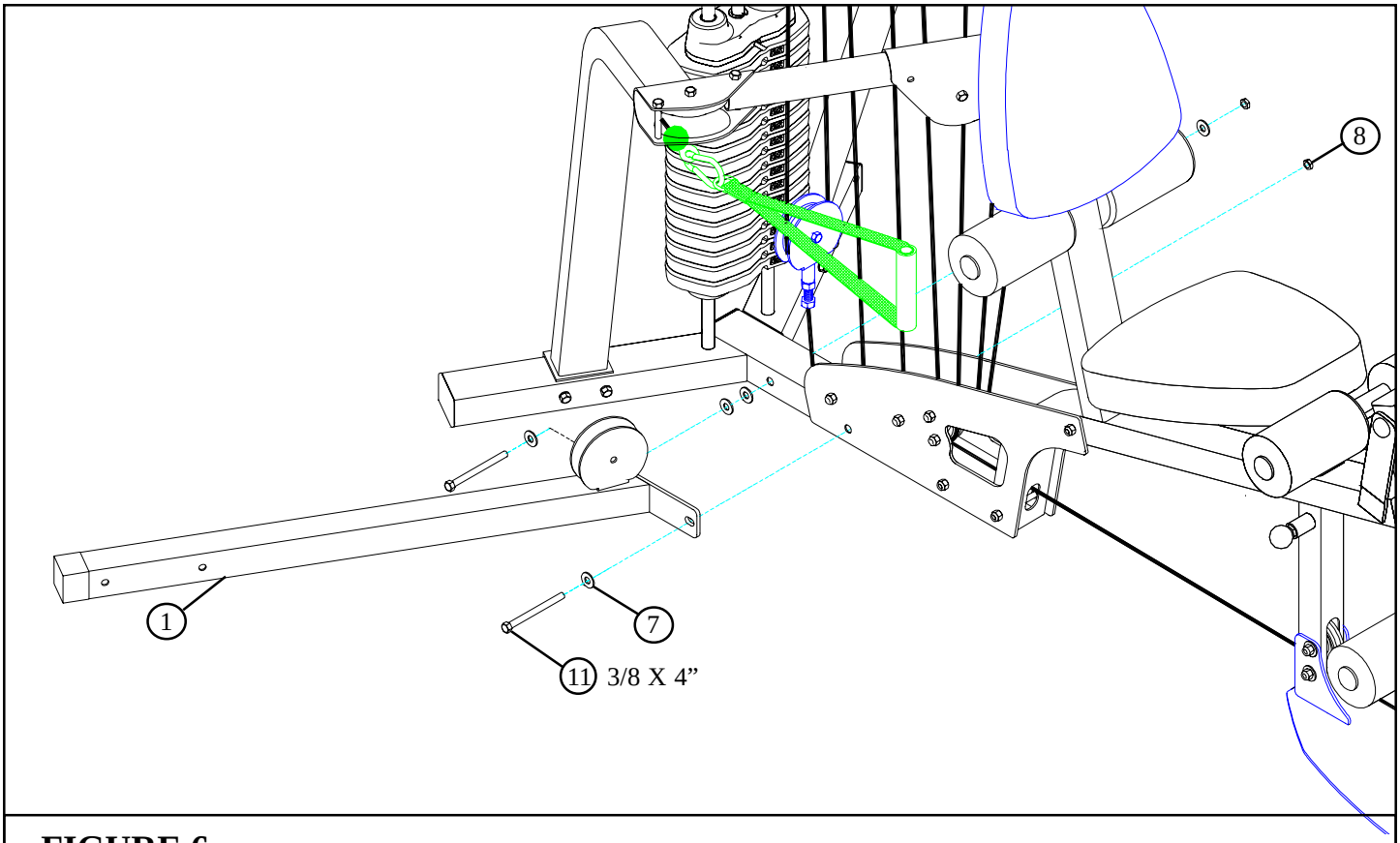


FIGURE 6

STEP 6:

- **SECURELY** assemble the FRONT LEG (1) to the 777 Gym System using two 3/8 X 4” BOLTS (11), five 3/8” WASHERS (7), one previously removed 3/8” LOCK NUT and one 3/8” LOCK NUT (8) as shown in FIGURE 6.

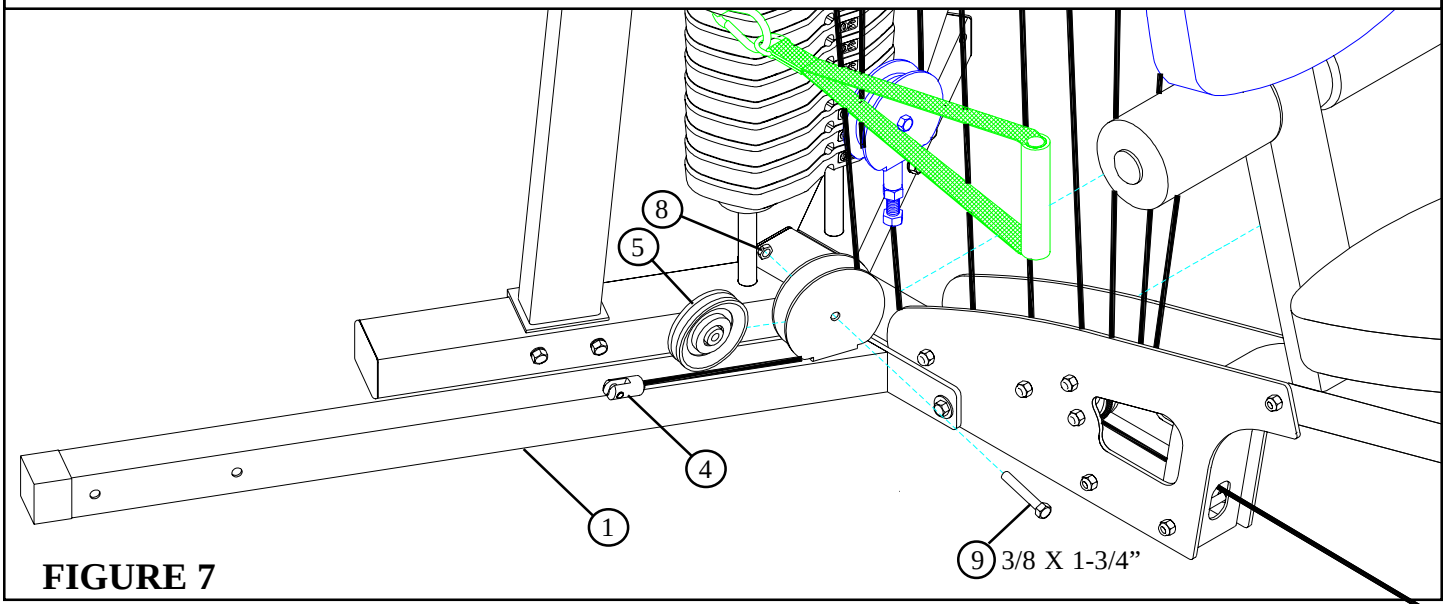


FIGURE 7

STEP 7:

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2” PULLEY (5) and **SECURELY** assemble the 3-1/2” PULLEY (5) to the FRONT LEG (1) using one 3/8 X 1-3/4” BOLT (9) and one 3/8” LOCK NUT (8). See FIGURE 7.

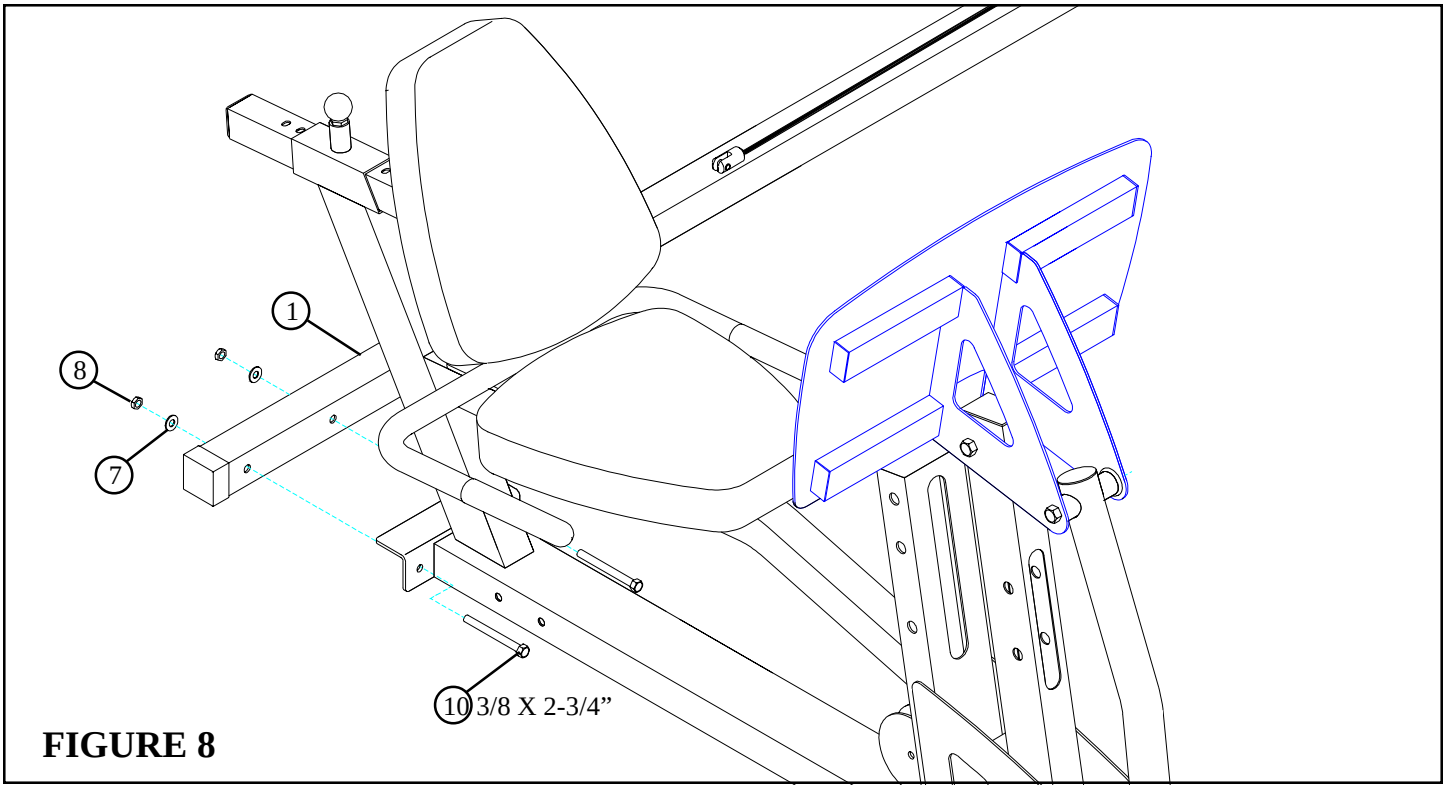
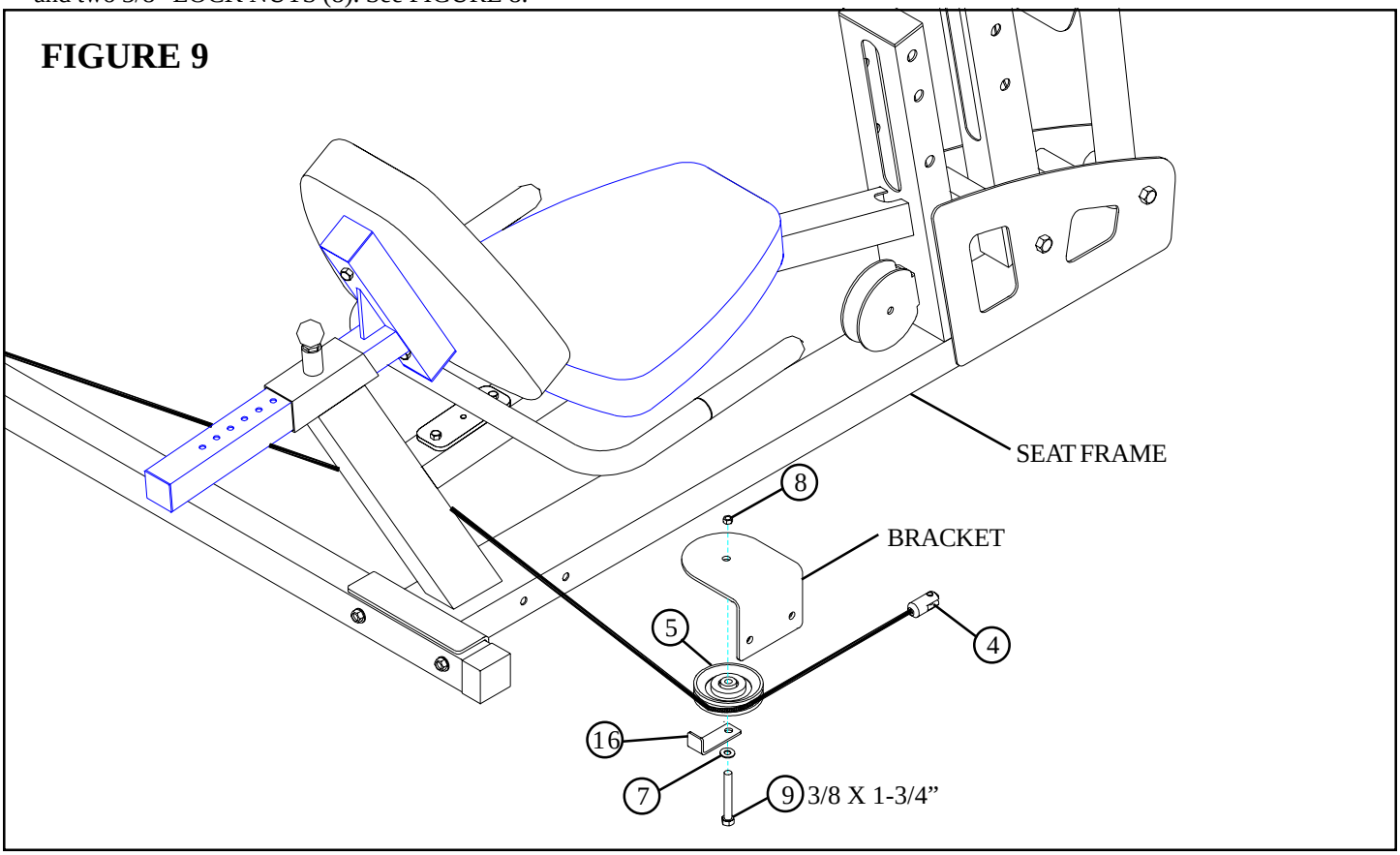


FIGURE 8

STEP 8:

- **SECURELY** attach the 100 LEG PRESS to the FRONT LEG (1) using two 3/8” X 2-3/4” BOLTS (10), two 3/8” WASHERS (7), and two 3/8” LOCK NUTS (8). See FIGURE 8.

FIGURE 9



STEP 9:

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2” PULLEY (5) and **SECURELY** assemble the 3-1/2” PULLEY (5) to the BRACKET (from the 100 LEG PRESS) using one 3/8 X 1-3/4” BOLT (9), one 3/8” WASHER (7), one CABLE CLIP (16) and one 3/8” LOCK NUT (8) as shown in FIGURE 9. Make sure the CABLE is in the grooves of all the pulleys.

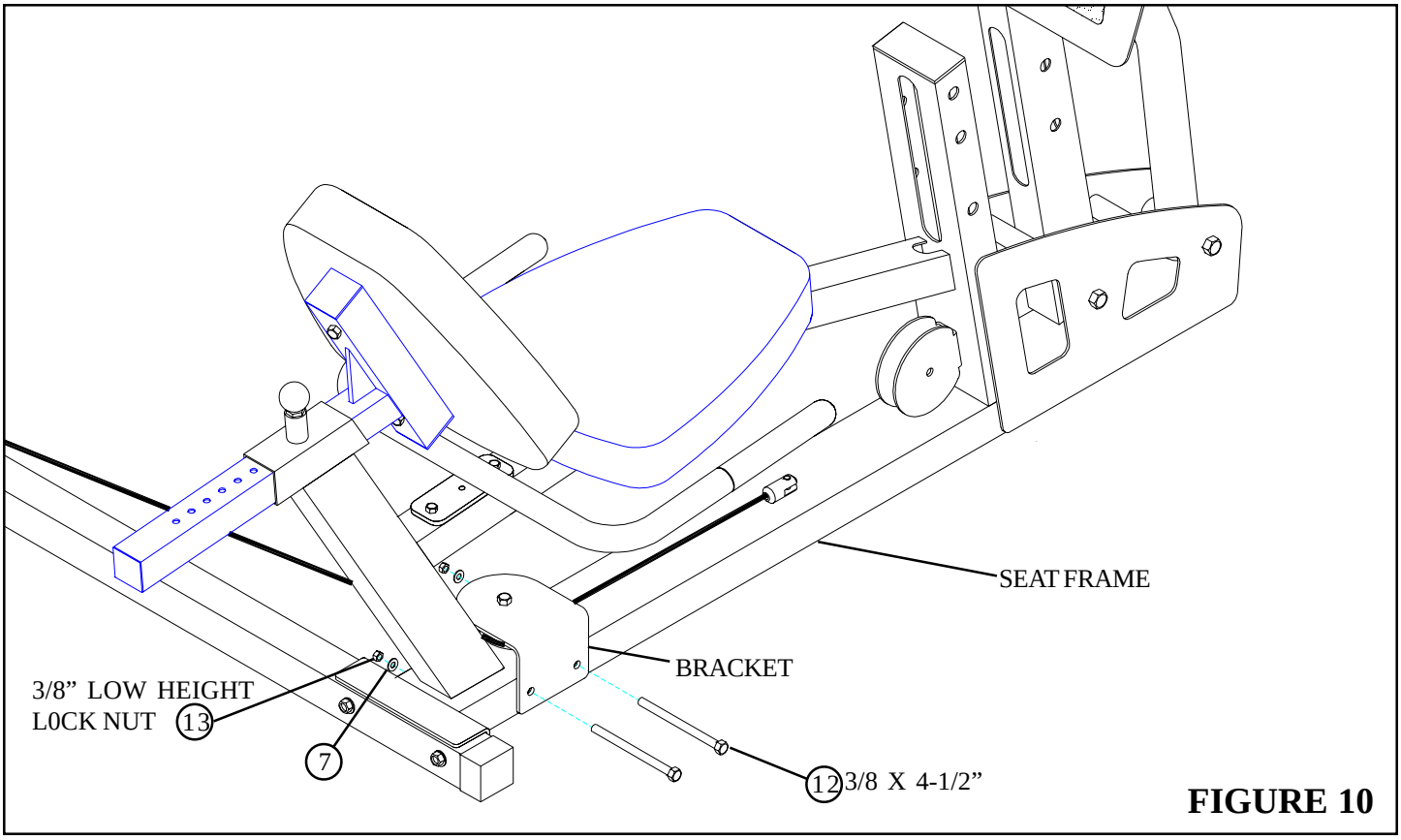
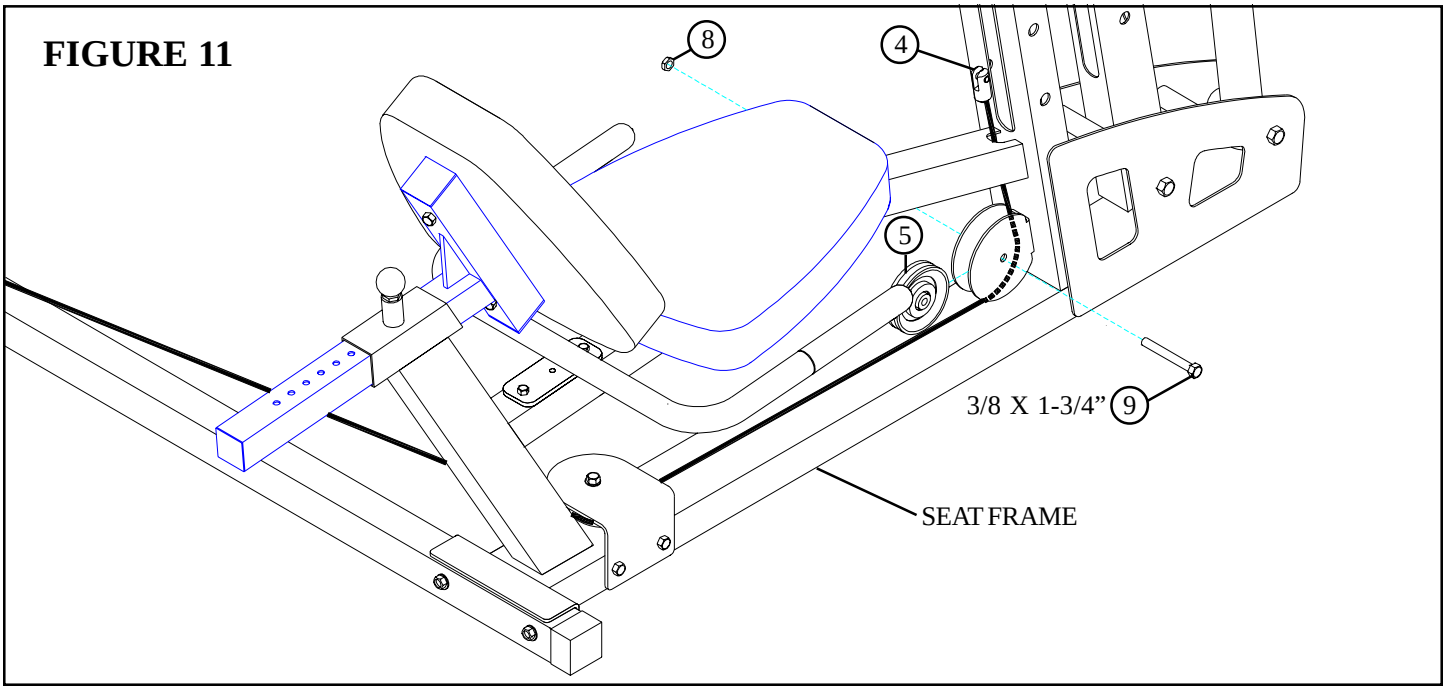


FIGURE 10

STEP 10:

- **SECURELY** attach the BRACKET (from 100 LEG PRESS) to the SEAT FRAME using two 3/8" X 4-1/2" BOLTS (12), two 3/8" WASHERS (7), and two 3/8" LOW HEIGHT LOCK NUTS (13). See FIGURE 10.

FIGURE 11



STEP 11:

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the bracket on the SEAT FRAME using one 3/8 X 1-3/4" BOLT (9) and one 3/8" LOCK NUT (8) as shown in FIGURE 11 . Make sure the CABLE is in the grooves of all the pulleys.

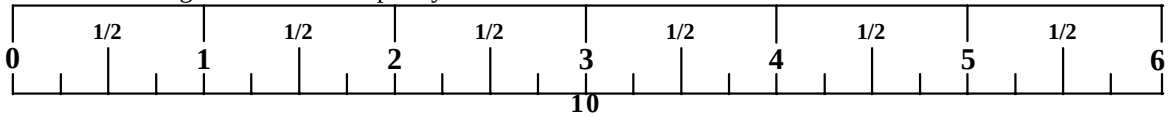
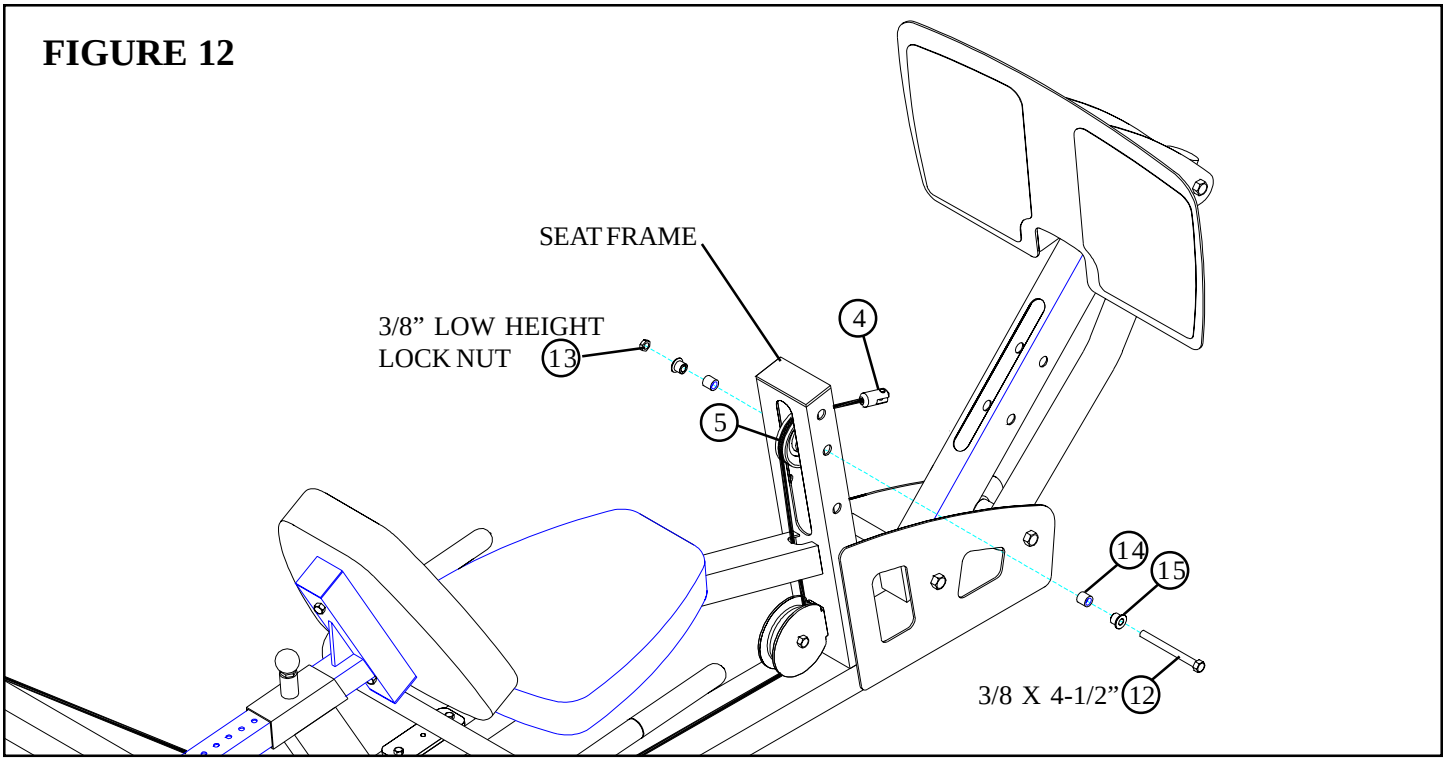


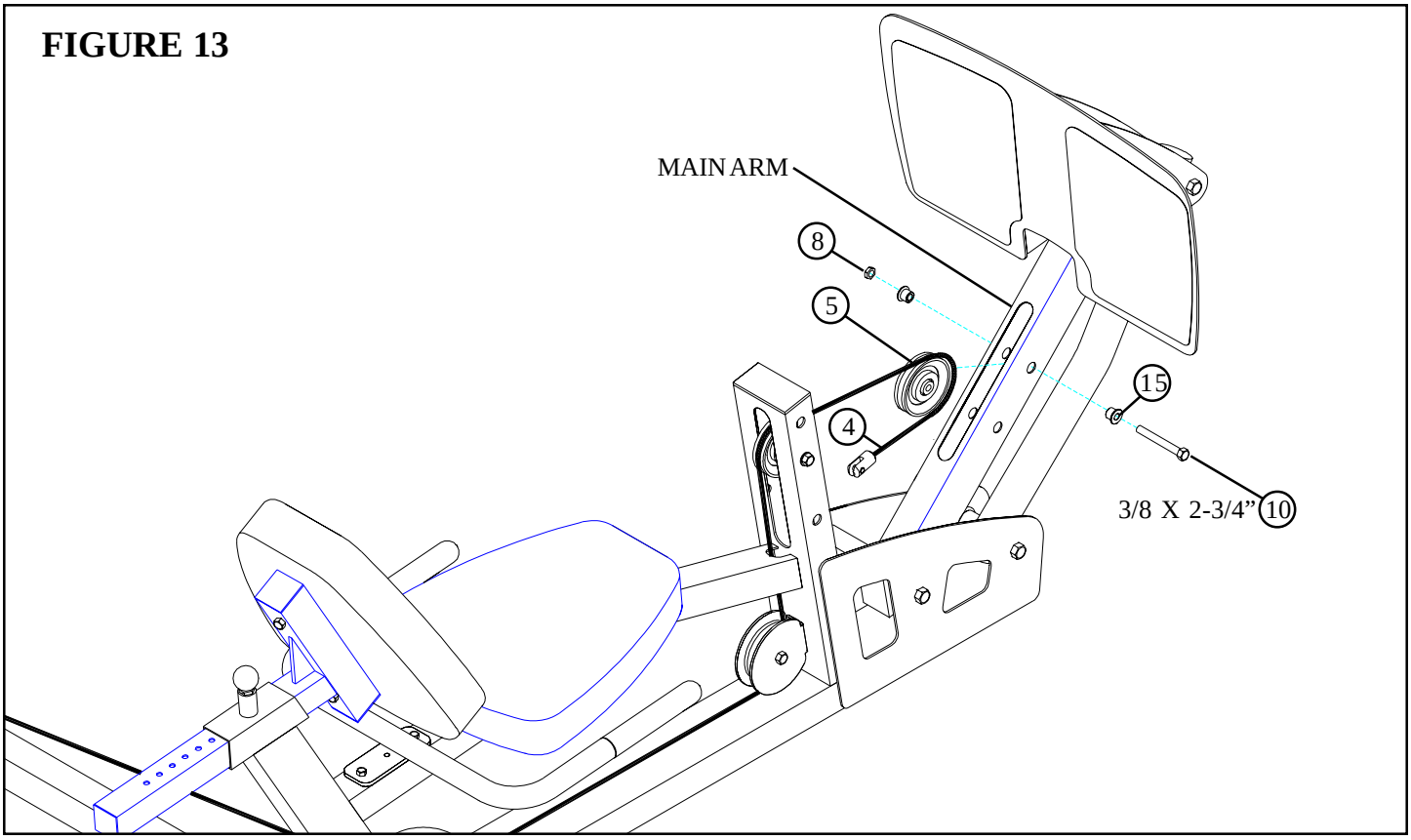
FIGURE 12



STEP 12:

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2” PULLEY (5) and **SECURELY** assemble the 3-1/2” PULLEY (5) to the SEAT FRAME using one 3/8 X 4-1/2” BOLT (12), two 3/8” FLANGE SPACERS (15), two 3/8 X 1” SPACERS (14) and one 3/8” LOW HEIGHT LOCK NUT (13) as shown in FIGURE 12. Make sure the CABLE is in the grooves of all the pulleys.

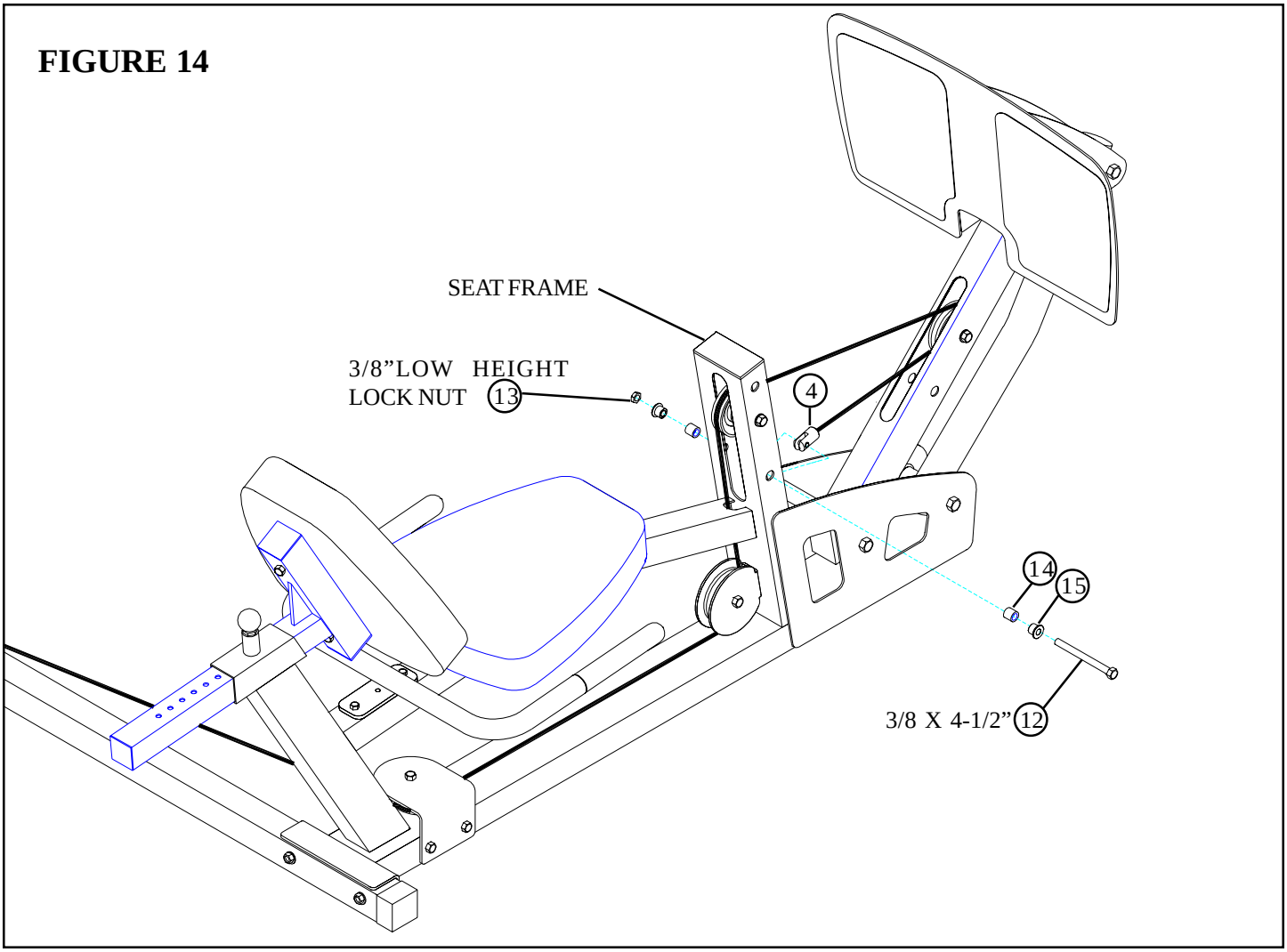
FIGURE 13



STEP 13:

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2” PULLEY (5) and **SECURELY** assemble the 3-1/2” PULLEY (5) to the MAIN ARM using one 3/8 X 2-3/4” BOLT (10), two 3/8” FLANGE SPACERS (15) and one 3/8” LOCK NUT (8) as shown in FIGURE 13. Make sure the CABLE is in the grooves of all the pulleys.

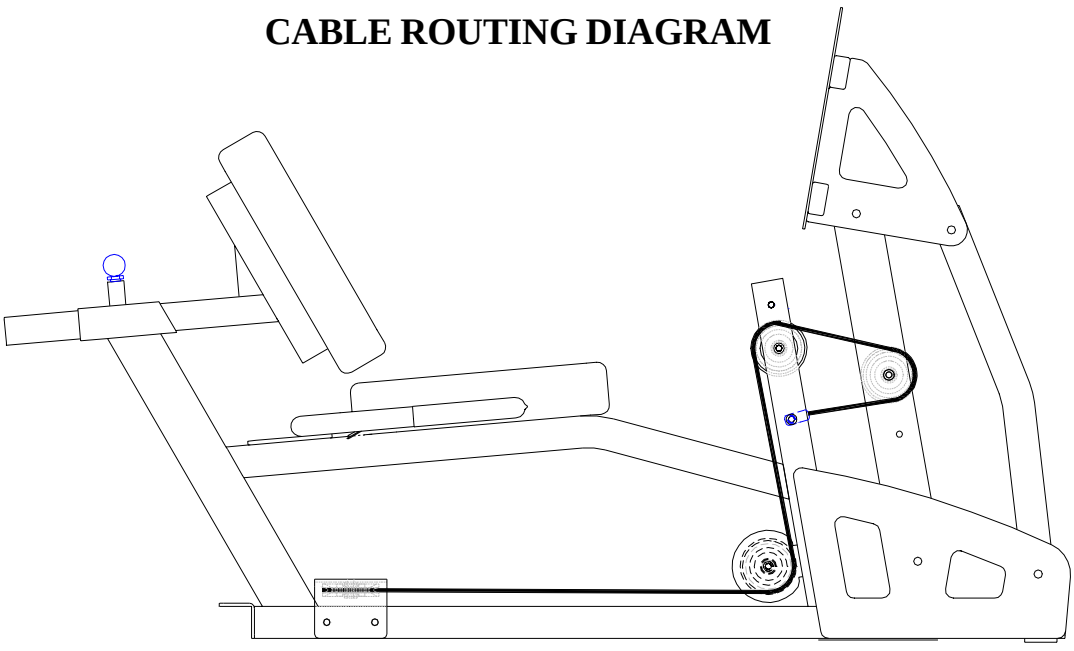
FIGURE 14



STEP 14:

- **SECURELY** assemble the swivel end of the LEG PRESS CABLE (4) to the SEAT FRAME using one 3/8 X 4-1/2” BOLT (12), two two 3/8 X 1” SPACERS (14), two 3/8” FLANGE SPACERS (15) and one 3/8” LOW HEIGHT LOCK NUT (13).
  (NOTE: SECURELY tighten, then back nut off 1/4 turn)

CABLE ROUTING DIAGRAM



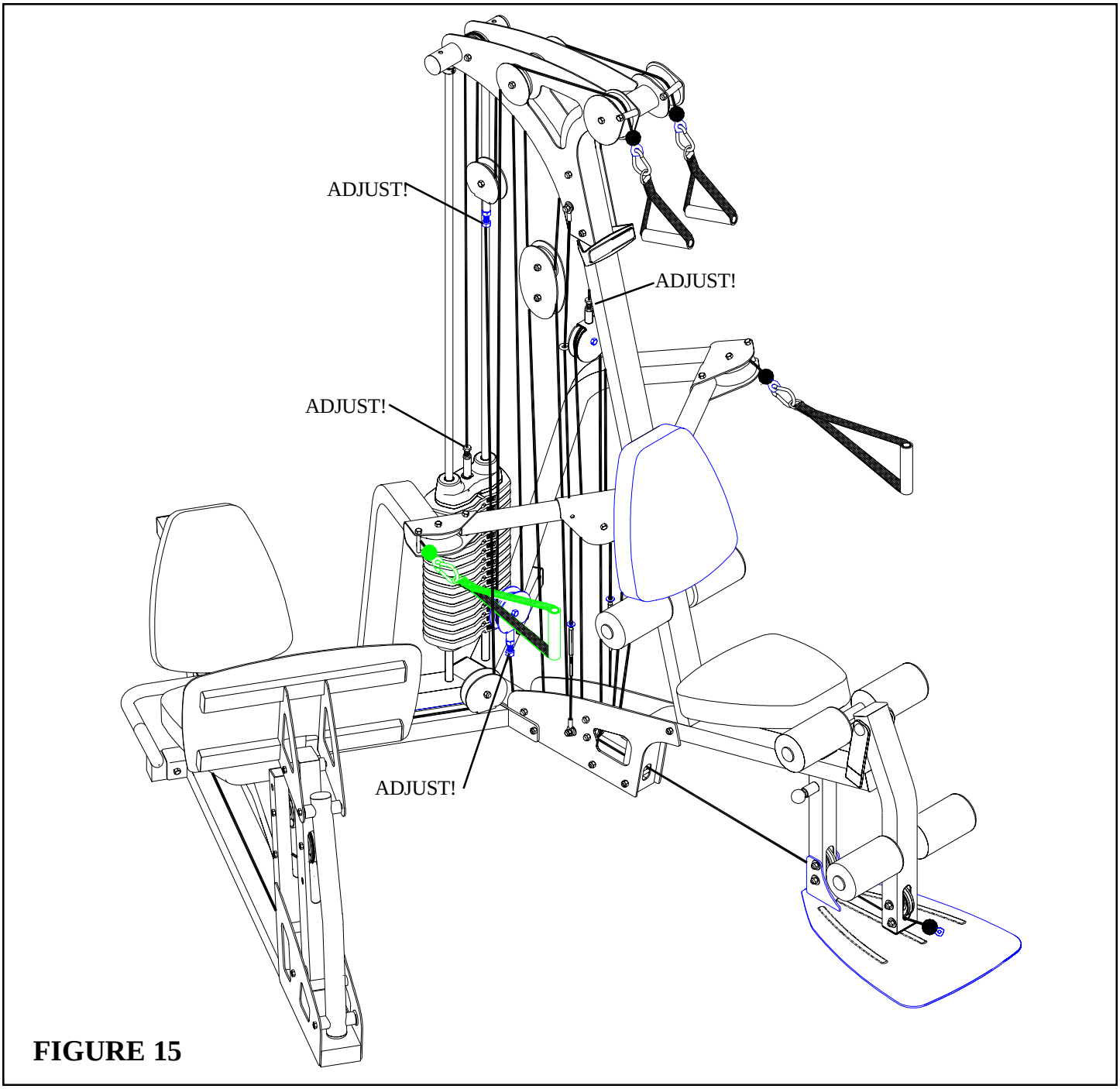


FIGURE 15

STEP 15:

- To set the correct amount of tension in the cables, push the HEAD PLATE down, insert the WEIGHT SELECTOR PIN and perform several repititions at the leg press station.This will relax the cable system and prevent the HEAD PLATE from lifting up.

- If further CABLE ADJUSTMENT is needed, reference the 777 GYM SYSTEM assembly instructions.

THIS CONCLUDES THE ASSEMBLY OF THE 778 LEG PRESS ADAPTER KIT